

VARIABLY CONFIGURED EXERCISE DEVICE

Abstract

A variably configured exercise device is provided. The exercise device can include a vertical support member having a longitudinal axis, a sliding member configured to move along the vertical support member in a direction substantially parallel to the longitudinal axis, a pair of rails each having first end portions that can be pivotally connected to the sliding member on the vertical support member, and a user support platform slidably engaged with the pair of rails. The exercise device can further include an actuation mechanism coupled to the sliding member where the actuation mechanism can be configured to selectively adjust the position of the sliding member relative to the vertical support member.